



## **REDUCING ALCOHOL ABUSE BY SAILORS**

### **PURPOSE**

To provide commands with ideas to reduce alcohol abuse by Sailors. This training also includes information that can be incorporated into General Military Training, POD notes, Memos, Flyers, E-mails, Posters and other marketing items available at the command level.

### **OBJECTIVES:**

- ❖ **ESTABLISHING A RIGHT SPIRIT CAMPAIGN COMMAND POSTURE**
- ❖ **LEADERSHIP**
- ❖ **PLAN OF DAY/WEEK NOTES**

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### **Establishing a "Right Spirit " campaign command posture**

1. **Basic to establishing a proactive "Right Spirit" campaign command posture.**
  - a. **Create alternatives. Sailors tend to abuse alcohol out of boredom, peer pressure, or as a means of coping.**



- (1) Execute alternatives and support Sailors being on sports teams; volunteering in the community; furthering their education; undertaking self-help projects; learning a new skill. Reward those who utilize alternatives--make it a positive remark in the member's FITREP/EVAL !**
- (2) Solicit input from Sailors to provide other ideas in supporting alternatives.**
- (3) Place emphasis on "responsible use". Ensure all Sailors understand how showing up for work impaired or getting "trashed" at the club every night diminishes Navy Core Values.**
- (4) Command picnics. For the next command picnic, name it the "Right Spirit" command picnic, serving no alcohol, ensuring to purchase and serve non-alcoholic beverages.**
  - (a). Utilize MWR services to provide alternative activities that's profitable for all Sailors, 3 on 3 basketball competitions etc...etc.**
  - (b). Destroy the myth that alcohol has to be served at every command function.**
- (5) Utilize Non-Appropriated funds in purchasing Right Spirit media marketing items (RS banners, RS posters, RS Frisbees, RS blimp, etc...etc) to promote the "Right Spirit" campaign.**



- (6) Challenge the command MWR committee and DAPA to establish and execute continued programs and activities in support of the "Right Spirit" campaign.**
- (7) Ensure all newly reporting personnel are thoroughly brief on the "Right Spirit", command policy, and punitive consequences for failure to obey the policy outlined in the OPNAVINST 5350.4C, and emphasize on deglamorization, responsible use, treatment of DUI/DWI offenses and the prohibitions against drinking during normal working hours.**
- (8) On a quarterly interval contact the "Right Spirit" Magazine Editor via email or phone for updated alcohol abuse prevention efforts and newly developed Right Spirit media marketing items. These items are available on a first come first serve bases free of charge. Send inquires to: email: [P602C@persnet.navy.mil](mailto:P602C@persnet.navy.mil): phone: (901) 874-4251.**



## **Leadership**

- 1. Leadership must take a proactive role in alcohol abuse prevention efforts. Support of senior officer and enlisted personnel is critical in reducing alcohol incidents and in the changing of attitudes.**
  - a. Inform all Sailors on the commanding officer's stance on alcohol abuse/misuse and the consequences for abusers as outlined in OPNAVINST 5350.4C.**
  - b. Consequences must be firm and consistent (the same rules, all the time for everyone). Ensure all Sailors are clear and know what the consequences are.**
  - c. Leadership must place emphasis on "Responsible Use".**
  - d. Become educated about the effects of alcohol and be familiar themselves with OPNAVINST 5350.4C, Drug and Alcohol Abuse Prevention and Control Instruction.**
  - e. Ensure all subordinates receive mandated training on alcohol abuse IAW OPNAVINST 5350.4C.**
  - f. Leadership must support and tell every Sailor that abuse of alcohol is detrimental to the Command's mission, its people, and their communities, family and friends.**



- g. Lead by example; leaders must examine their own attitudes about alcohol use and abuse. Be aware and inform subordinates that all Sailors are "Navy Ambassadors."**
- h. Most importantly, leadership must initiate and support alternatives. Remember most Sailors abuse alcohol due to boredom, peer pressure, or as a means of coping.**

## **2. Intervention**

- a. Leadership must take a proactive role in looking for signs of possible alcohol abuse and provide early assistance to prevent crisis intervention.**
- b. Confront any sailor who is having a problem caused by alcohol abuse and misuse. Often there is a tendency to put intervention off in hopes that things will get better. In almost every case it leads into an alcohol incident.**
- c. If the problem is obviously alcohol abuse, refer the Sailor to the command DAPA.**
- d. Create an atmosphere that encourages and provides a means for command- or self-referral without risk of disciplinary action or career-ending implications, for members who have not incurred an alcohol incident.**



## **POD Notes**

- 1. Provided below is current alcohol abuse prevention information to be included in POD/POW notes, all hand e-mails, or any other information source utilized by the command.**
  - a. You may be surprised to learn that you don't need to drink a lot of alcohol before your ability to drive becomes impaired. For example, certain driving skills--such as steering a car while, at the same time, responding to changes in traffic--can be impaired by blood alcohol concentrations (BACs) as low as 0.02 percent. (The BAC refers to the amount of alcohol in the blood.) And the more alcohol you consume, the more impaired your driving skills will be. Although most States set the BAC limit for adults who drive after drinking at 0.08 to 0.10 percent, impairment of driving skills begins at much lower levels.**
  - b. Alcohol interacts adversely with more than 150 medications. For example, if you are taking antihistamines for a cold or allergy and drink alcohol, the alcohol will increase the drowsiness the medication alone can cause, making driving or operating machinery even more hazardous. And if you are taking large doses of the painkiller acetaminophen and drinking alcohol, you are risking serious liver damage. Check with medical before drinking any amount of alcohol if you are taking any over-the-counter or prescription medications.**
  - c. The more heavily you drink, the greater the potential for problems at home, at work, with friends, and even with strangers. These problems may include:**



- **Arguments with or estrangement from your spouse and other family members;**
- **Strained relationships with coworkers;**
- **Absence from or lateness to work with increasing frequency;**
- **Discharge from the Navy due to decreased productivity; and**
- **Committing or being the victim of violence.**

**d. 21-34 year old drinking drivers:**

- **comprise approximately half of all the drunk drivers involved in alcohol-related fatal crashes;**
- **are responsible for more alcohol-related fatal crashes than any other age group;**
- **are more likely than any other age group to have been intoxicated at the time of the crash;**
- **have the highest blood alcohol concentrations (BACs) in fatal crashes;**
- **are about twice as likely as other drivers to have experienced a prior crash;**



- are four times more likely to have had their licenses suspended or revoked; and
  - are the most resistant to changing their drinking and driving behavior. Over the past 10 years, the number of underage drunk drivers has decreased by 40%. In comparison, the number of 21-34 year old drunk drivers has only decreased by 13%.
- e. About 1.4 million arrests are made annually for driving under the influence of alcohol or narcotics (1 in every 123 licensed drivers).
- f. The highest intoxication rates among drivers in fatal crashes in 1997 were for those 21 to 24 years old (26.3%), followed by 25 to 34 years old (23.8%) and 35 to 44 years old (22.1%).
- g. In 1994, alcohol-related crashes cost the U.S. \$45 billion in direct cost, loss of earnings and household productivity.
- h. More than 70% of drivers convicted of driving while impaired are either heavy frequent drinkers (alcohol abuse) or alcoholics (alcohol dependent).
- i. Did you know?
- Alcohol is a depressant that decreases the responses of the central nervous system.
  - Excessive drinking can cause liver damage and psychotic behavior.





- **As little as two beers or drinks can impair coordination and thinking.**
  - **Alcohol is often used by substance abusers to enhance the effects of other drugs.**
  - **Alcohol continues to be the most frequently abused substance among young adults.**
- j. Too much alcohol may cause social and psychological problems, cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart. Heavy drinkers also are at risk of malnutrition because alcohol contains calories that may substitute calories found in nutritious foods. If adults choose to drink alcoholic beverages, they should consume them only in moderation and with meals to slow alcohol absorption.**